Come on out to play

Sturgeon Heights Community Centre is finally open PAGE 2

FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PARIS PAPARAZZO SCANDAL PAGE 10

WINNIPEG metro®

Tuesday, April 17, 2012

News worth sharing.

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Talking points on IMMIGRATION

Federal Immigration Minister Jason Kenney, right, gives an interview while in the city on Monday to discuss Ottawa's takeover of immigration programs — a topic that generated a lot of heat. See story on page 2. BERNICE PONTANILLA/METRO

Owner cries foul in dog's death

Double poisoning.
One dog has died, another is ill from strychnine

SHANE GIBSON
shane.gibson@metronews.ca

Frankie was found dead in his dog run on Monday. CONTRIBUTED

A distraught St. James pet owner suspects foul play after finding one of her dogs dead and the other gravely ill with strychnine poisoning on Monday morning.

The woman was too upset to talk publicly, but her sister said the two mixed-breed rescue dogs from Northern Manitoba — Louie and Frankie — were found without signs of life in a special dog run built behind the woman's Collegiate Street home.

Frankie was dead and Louie was rushed to a veterinary hospital. A vet confirmed the dogs were poisoned with strychnine.

"I was so sick at the news," said the woman's sister, Lauri-Jane Lewis. "They're so lovable. They loved going for walks and going to the dog park. Everyone in the neighbourhood is shocked, upset and worried."

Lewis said her sister suspects someone snuck into her yard Sunday night and fed the dogs food laced with poison.

"Some people just don't like animals," she said. "The whole family is just very upset — I've heard of poisonings before, but you never think it'll happen to your own pet."

Lewis said her sister has contacted police and wants other dog owners to do the same if they notice anything suspicious.

"Everyone in the area is concerned that someone may be targeting the animals of this area," she said. "(My sister is) worried that it could be someone in the area that just doesn't like animals."

Breivik weeps over racist film

But in a Norwegian court on Monday, Anders Behring Breivik showed no emotion when it came to the 77 victims PAGE 4

A change of habit

Stuck in a rut of overeating and oversleeping? Take our quiz to find out whether you need a life makeover PAGE 11

A taxing time

As the saying goes, nothing is certain but death and taxes. But really it's all how you look at it. Metro presents five reasons to feel good about sending the government its annual cheque PAGE 13

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NEWS

On the web

Tupac rises

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Going off-label

Taking the birth-control pill to cure acne rather than prevent pregnancy? "Off-label" prescribing, as it's called, might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber-fortress came quietly. Scan the code for the story.

Sturgeon Heights centre officially opens — at last

Community centre. New year-round neighbourhood place to play finally puts out the welcome mat

ALYSSA MCDONALD
For Metro in Winnipeg

Silver Heights and Sturgeon Creek neighbourhoods have combined their efforts and amalgamated two former facilities into the new Sturgeon Heights Community Centre.

The $5.5-million, energy-efficient facility is now open to the public and features a multi-purpose room, canteen, gymnasium and a large workout gym.

"With the large gym and the large multi-purpose room, the kids can play all year.

They can play floor hockey, basketball, volleyball, everything," said Sturgeon Heights Community Centre president Linda Smiley.

The centre is still in the process of raising funds to complete outdoor rinks. They hope to have two hockey rinks open by winter.

Large windows bring light into the 18,000-square-foot facility to reduce the need for artificial lighting.

The centre is also in the process of applying for LEED designation from Manitoba Hydro, said Smiley.

A ribbon-cutting ceremony took place Monday morning in front of students from Golden Gate Middle School, community and board members as well as government officials.

The public can attend an open house on Tuesday from 6-8 p.m. at 210 Rita St.

The building's original grand opening was postponed after the facility was the target of arson last summer.

The new centre, seen here, boasts a multi-purpose room, canteen, large gym and workout room. ALYSSA MCDONALD/FOR METRO

String of thefts

Police nab two women in armed robberies

Police have one woman in custody and charges pending against another after two women went on a string of strong-armed robberies in the West End last weekend.

Police were called to the area of Ellice Avenue and Sherbrook Avenue early April 15 after three separate incidents were reported.

Between 4:30 a.m. and 6:45 a.m. two female suspects confronted female victims walking in the area with knives, demanding property.

Victims in all three attacks received minor injuries.

The final victim was able to point police to a residence in the area where the suspects were located.

A 22-year-old female from Winnipeg is facing three charges of robbery with a weapon, assault with weapon and aggravated assault.

Similar charges against a second 29-year-old woman are pending.

SHANE GIBSON/METRO

Minister feels heat from immigration groups

The federal immigration minister drew criticism from organizations that work with immigrants and refugees during a stop in Winnipeg Monday.

Citizenship, Immigration and Multiculturalism Minister Jason Kenney is on a seven-province, 12-cities-in-14-days tour to explain to Canadians his government's changes to the immigration system.

The most contentious change takes away Manitoba's role in administering settlement services for those immigrants who've come through the Provincial Nominee Program. This change is expected to come into effect in a year.

"Manitoba is going to have to explain to other regions of the country why it's special," said Kenney during an interview at the News Café. "Do we really want to end up with a patchwork quilt (of) 10 different approaches in 10 provinces?"

Premier Greg Selinger has defended Manitoba's program, stating that he does not believe the current system needs to be changed.

Noelle DePape, executive director of the Immigrant and Refugee Community Organization of Manitoba, agrees, adding that instead of being able to go to Broadway to discuss settlement services, they're looking at having to go all the way to Ottawa or Calgary.

BERNICE PONTANILLA/METRO

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First officer napping, 16 injured in dive

Air Canada. Fearing a crash, groggy first officer co-pilot forces a dive after waking from an in-flight "controlled rest period": Report

A groggy Air Canada co-pilot who mistakenly believed his jet was about to smash into another plane forced a sudden dive that caused 16 injuries among passengers and crew.

The incident happened on a transatlantic flight last year, said a report released Monday.

The Transportation Safety Board report notes that those hurt aboard the Boeing 767 had failed to comply with lit seatbelt signs.

"This occurrence underscores the challenge of managing fatigue on the flight deck," said Jon Lee, the investigator in charge.

"It also shows that in-flight passenger injuries can be prevented by wearing seat belts at all times while seated."

The terrifying 46 seconds in which the plane dived 120 metres then lurched 240 metres back upward occurred in January 2011 aboard an overnight Air Canada flight to Zurich from Toronto.

The first officer was napping during a controlled rest period aimed at combating pilot fatigue when he was awakened by the captain's report of their flight position.

At the same time, a U.S. air force Boeing C-17 was coming from the opposite direction about 300 metres below them.

To avoid what he thought was an imminent collision, the first officer overrode the auto-pilot by forcefully pressing on the control column, pushing the jet into a dive.

THE CANADIAN PRESS

RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's top RCMP officer says he's talked to hundreds of women who work for the force in British Columbia and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with.... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, a 19-year officer from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace a in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met President Pinera. ADRIAN WYLD/THE CANADIAN PRESS

McSalt

Salt can be lowered, despite fast food industry claims

A researcher is questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say the restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Researchers compared the same menu items from major chains around the world and found salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt, and doing so would result in public health benefits.

THE CANADIAN PRESS

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Confessed Norwegian shooter on trial

Strange start. Man accused of killing 77 people shows unexpected grief on first day in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe laden with crusader imagery, which he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victims' families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Norwegian Anders Behring Breivik reacts as a video presented by the prosecution is shown in court in Oslo, Norway. HEIKO JUNGE/THE ASSOCIATED PRESS

Love story emerges from massacre

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July.

Tømmerås Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tømmerås Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Lyshagen, to hear her story.

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And twenty other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?
After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love of the first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous. Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

How has this tragic event changed you?
I have a stronger belief in social democracy. The politics has a stronger meaning. We will not give up just because of one maniac. I have also become more interested in foreign affairs: how it is in other countries, where people do not have life as well as in Norway.

The trial against Breivik has begun. How do you agree with the large-scale reporting of it?
I have chosen not to read as much about it as Håkon does. I am content with short versions. I can't take in much any longer. It's all very painful for me to handle.

CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday.

Even government studies show that free trade agreements with these countries would promote a much larger increase in automotive imports from those countries rather than exports from Canada, the report said in calling for Ottawa to rethink its auto trade policy. THE CANADIAN PRESS

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The tower that Trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. The Donald flew into Toronto on Monday to officially open the tower, which is said to be Canada's tallest residential building at 65 storeys. VINCE TALOTTA/TORSTAR NEWS SERVICE

Mining

Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games. The company supplied the metal for the Games' medals.

In a video posted online, the group said that "injustice and pollution tarnish the Olympic medals." THE CANADIAN PRESS

Market Minute

DOLLAR 100.03¢ US (+0.13¢)

TSX 12,037.59 (-2.8)

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GOLD $1,649.70 US (+$10.50)

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Dow Jones: 12,921.41 (+71.82)

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FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

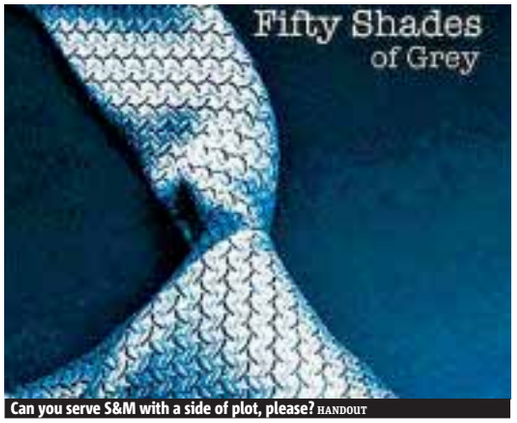
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@ohtobesingle: @Dolly_Parton hi your my first tweet loved the concert you did in Winnipeg Manitoba hope your day is going good

@Plonq: It's like Winnipeg has embraced a new spirit, or energy. If only we could encapsulate that feeling in a forgettable catchphrase... #winnipeg

@mr_mulligan: Roxette is touring Canada. They'll love it here in Winnipeg... where it's still 1989.

@davidleslie: Google car on st marys rd. they seem to come when our city looks the worst. #Winnipeg

@slyfate: Love coming to Winnipeg; the variety of architecture is both refreshing and fascinating (also, distracting!)

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Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood Eric > Bill necklace

You won't be able to end the debate between Sookie's two vampire lovers, but you definitely proclaim your loyalty to one side. If only the necklace said the opposite on the other side, just in case you were feeling like Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.

Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation. Coss and Sippola threatened to sell old photos of Stamos with strippers and cocaine to the tabloids unless he paid $680,000. The FBI said the photos didn't exist. Stamos met Coss in Florida in 2004 and they became friends.
THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

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DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

●●●●

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

●●●●

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

The Horrors are already a household name in the U.K. GETTY IMAGES

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation.

"If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car).

If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.

Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Not forgetting Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the How I Met Your Mother actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."

Jason Segel

Cory Montheith and Lea Michele

Stars gleefully in love at Coachella

Glee co-stars Lea Michele and Cory Monteith took their real life romance to the Coachella music festival this weekend, according to Us Weekly.

Montheith arrived after Michele at a VIP pool party — but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that the couple then retreated to a private cabana.

"Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public."

Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived. "So happy."

Take the bad habits challenge

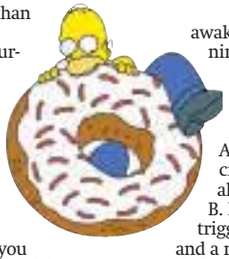
Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.



3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

Best Health

Really? A hangover cure that works

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health magazine, we look at the latest research to help Canadian women feel great and live better.

In the May issue, on newsstands now, freelance writer Lisa Bendall looked into what sounds like a truly promising remedy for hangovers — just in case there's a chance you may experience one in future.

In fact, researchers at the University of California, L.A., have isolated a plant extract that not only may help hangovers, but could cure alcoholism.

The compound is from the fruit of hovenia dulcis, a tree native to Asia.

It's been used as flavouring in Chinese cooking for hundreds of years. In the researchers' animal experiments, the compound (called DHM) appeared to prevent alcohol dependence and withdrawal symptoms, along with easing hangovers. DHM binds to special brain cell receptors, preventing alcohol from acting on these receptors. Unlike current pharmaceutical treatments, there are no side effects, say researchers. DHM increases the activity of enzymes that metabolize alcohol, helping the body eliminate it faster and lessening the effects on the liver and other systems.

Everyone has had the morning after party blues. HANDOUT

Thought it's early days, and animal research does not always translate into human treatment. So clinical trials need to be done. At the moment, extracts and teas with hovenia are made in Asia.

They're sold in the U.S. for liver health and hangover relief. The hope of the researchers is that there will be a purified DHM nutraceutical on the U.S. market this year, and that it would then be approved for sale in Canada.

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3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

Health minute

Green coffee beans

Scientists are suggesting that green (unroasted) coffee beans can help with rapid weight loss. Expect a new blend to hit the shelves, stocked in the diet, not the tea and coffee aisle. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Friendly vibe can't save this neighbourhood hangout

Cheeseburger and Fries. SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

Sitting amongst the dreariness of Broadway Avenue is colourful diner Wanabees. The red, blue and checked exterior cheerfully invited me to come and eat.

Upon entering, I felt an immediate casualness about the place. Patrons sat around chatting amongst themselves and the friendly owner. They all knew each other by name, which told me this is a regular neighbourhood hangout.

Excited, I ordered a cheeseburger with bacon ($4.75) and all the fixings, except pickles (I hate pickles) and a side order of fries ($1.70).

My first bite into the burger, I noticed it was hot and fresh but the bun to meat ratio was firmly on the bun side. The fries were homemade but had a tinge of grey.

I can't say I fully enjoyed this meal but I have to admit that this place is what it is: a neighbourhood diner serving cheap, easy to prepare food.

Visiting the restaurant

Wanabees Diner

Address. 639 Broadway Ave.

Phone. 772-6969

Rating. 2/5

Price range. $1.45 - $6.25

Reservations. No

Licensed. No

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner

1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,

I have a question about tipping when ordering food for delivery from a restaurant.

What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.

Thank you, Susan

A 10-per-cent tip seems fair for a delivery person. ISTOCK

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much?

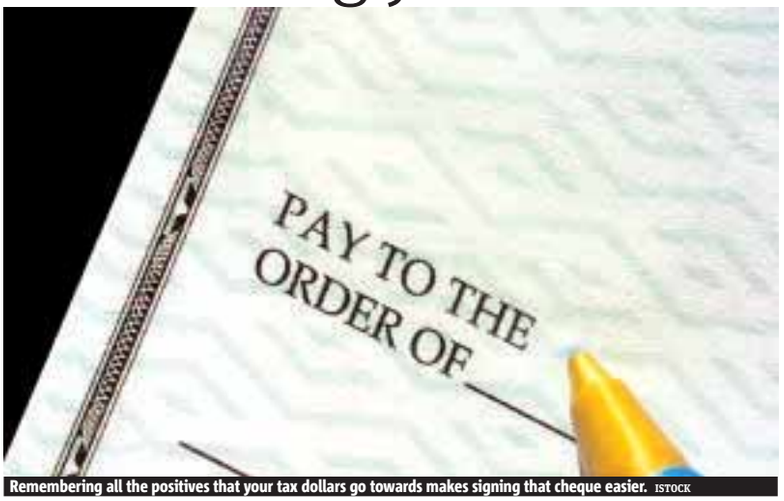
I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion.

Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

Five reasons to feel good about filing your return



Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Tax time. Things to keep in mind that make parting with your money less painful

YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

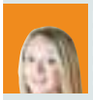
By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Real Estate

Valuable home renovations



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Small improvements can translate into big home value. ISTOCK

After one week on the market and minimal negotiation, I sold my house Saturday night for the price and conditions I wanted.

When I purchased my home seven years ago, it was in rough shape: badly stained carpets, dreadful paint colours, rickety appliances and filthy. But the location was great, and the price point suited my small budget. I bought the house and began my journey of adding value through affordable home improvements.

Because of my limited budget, I couldn't upgrade the house all at once. So I tackled my list of improvement ideas over three years. I consulted home renovation blogs and kicked off my improvements with a hundred hours of thorough cleaning of cabinets, drapes, floors, walls, closets and more. This allowed me to determine whether I could repair, rather than replace, certain aspects of the home. I repaired my furnace and saved $4,000.

My floors, however, stunk of dog doo and bleach. I replaced them with high quality hard wood, which was on sale because my local supplier was over-stocked. I negotiated a further discount in exchange for paying cash and taking the product that same day.

I coupled the floor installation with new paint, light fixtures, faucets, toilet seats, knobs on the cupboards and had my electrical outlets updated. Once completed, I hit up eBay, Craigslist and garage sales for gently used furniture and appliances. I bought a new stove, still in its original wrapping, for $60.

According to Bankrate.com, you can add value to your home on a shoestring budget by focusing on:

-Kitchen, bathrooms and appliances: upgrade faucets, appliances, paint, refinish cabinets, re-grout tiles, and replace knobs and toilet seats.

-Storage: reduce clutter by setting up well-designed storage spaces.

-Mechanics and plumbing: hire an electrician and plumber to fix any issues and make improvements to the 'nitty-gritty' aspects of the home.

-Lights and flooring: update light fixtures, carpets or refinishing worn-out hardwood.

Small improvements translated into a much better price for my property. Add value to your home through sweat equity and affordable upgrades.

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4

SPORTS

NHL

Rangers beat Senators

Brian Boyle scored the winner in Ottawa as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night in Game 3 of the best-of-seven Eastern Conference quarter-final series. In Washington, the reigning Stanley Cup champion Boston Bruins finally solved playoff rookie goalie Braden Holtby, beating the Capitals 4-3 to take a 2-1 lead in that series.

Figure skating

Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

Post-season emotions boiling over in Round 1

NHL. League has hands full with fights and dirty play ruling in first round

Chaos came quickly to the NHL playoffs.

Not only did the first five days produce almost twice the number of game misconduct penalties as the entire post-season last year, it also resulted in a long queue of those waiting to speak with Brendan Shanahan, the league's dean of discipline.

The list of incidents included a sucker-punch, elbow to the head, cross-check to the face and plenty questionable hits.

Ex-NHLer Bobby Holik believes the heightened emotions of players has created an "explosive" atmosphere on the ice.

"Until somebody says 'This is not allowed,' they're going to keep pushing," Holik said Monday. "We did it and generations of players before us did it because that's how you think you're going to get the edge."

It's up to Shanahan to try and put the lid back on a boiling pot.

He sent a message Sunday in suspending Carl Hagelin three games for his elbow to Daniel Alfredsson, which prompted the Rangers to release a statement saying they were "perplexed by inconsistencies" in his rulings.

Presumably, the team was referencing Shanahan's decision to fine Nashville's Shea Weber $2,500 US — the maximum allowed under the collective bargaining agreement — for smashing Red Wing Henrik Zetterberg's head into the boards in Game 1 of their series. Many have pointed to that as the moment when discipline started to go off the rails.

"I think that's probably a factor to a point — where you think you can get away with more because Shea Weber got away with more," said Kevin Weekes, a former NHLer who now works for the CBC.

"But what guys have to recognize — and I think Carl Hagelin figured it out — he's not Shea Weber."

The numbers paint an interesting picture so far. Heading into play Monday, there had been 11 game misconducts assessed in 19 games — compared with only six during the entire post-season a year ago.

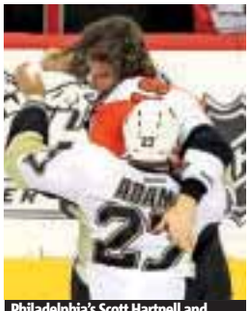
In addition to the Hagelin suspension and Weber fine, Shanahan had given Vancouver forward Byron Bitz a two-game ban, Ottawa defenceman Matt Carkner a one-game ban and handed out fines to the Senators ($10,000) and forward Zenon Konopka ($2,500) after Konopka trash-talked Brian Boyle during a live television interview prior to Game 2. THE CANADIAN PRESS

Detroit's Todd Bertuzzi, left, fights Nashville's Shea Weber last Friday. MARK HUMPHREY/THE ASSOCIATED PRESS

Penguins repercussions

On Monday, Brendan Shanahan upheld a one-game suspension to Pittsburgh's Craig Adams for instigating a fight in the final minutes Sunday and fined coach Dan Bylsma $10,000.

Ottawa's Chris Neil fights New York's Brian Boyle on Saturday. BRUCE BENNETT/GETTY IMAGES



Philadelphia's Scott Hartnell and Pittsburgh's Craig Adams fight on Sunday. TOM MIHALEK/THE ASSOCIATED PRESS

Quoted

"A lot of the series (are) borderline chaos right now.... We're all watching them because we're hockey people and we get excited by the playoffs, but it's amazing what's going on right now."

Sharks coach Todd McLellan

Sports in pictures

1 Soccer. Muamba leaves hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis. Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters, Monday. THE CANADIAN PRESS

Bombers extend Edwards' contract

The Winnipeg Blue Bombers have signed import receiver Terrence Edwards to a contract extension.

Edwards, who turns 33 on Friday, led the CFL team in receiving last season with 66 receptions for 1,124 yards and eight touchdowns.

Since joining Winnipeg in 2007, Edwards has had four 1,000-yard seasons and stands sixth on the Bombers' all-time receiving yardage list with 5,602 yards.

"Terrence has been one of our most consistent receivers since he came to Winnipeg and has great leadership qualities and work ethic that is looked up to by the rest of his teammates," GM Joe Mack said in a statement.

The CFL team also announced that Liam Martin and Ossama AbouZeid have been elected to its board of directors.

Martin is communications representative for Manitoba, for the Canadian Union of Public Employees.

AbouZeid returns to the board after having resigned in December 2010 to become project manager of the team's new stadium. He later became interim CEO as the Bombers began a search for a full-time chief executive. THE CANADIAN PRESS

Quoted

"(Edwards) will continue to be a key component of our offence and we look forward to having him continue to mentor our young group of receivers."

Blue Bombers general manager Joe Mack

Terrence Edwards celebrates a touchdown against the Montreal Alouettes in September in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS FILE

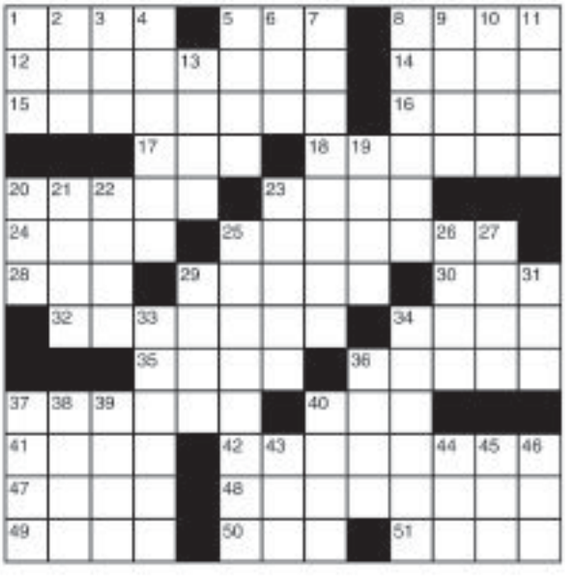
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

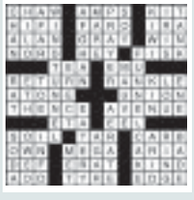
					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 11° MIN: -6°	MAX: 6° MIN: -1°	MAX: 9° MIN: -6°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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OPTION 2: CUISINE R-EVOLUTION MOLECULAR GASTRONOMY KIT

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